



by Deva Hardeep Singh | Dharma Seeds Yoga Press© | 25 June 2023 |

Mindful presence: The mystery of being fully alive.

I held my breath as the old wooden door creaked open. The hinges were rusty and groaned in protest, but I was careful not to make a sound. I didn't want to wake anyone up.

I had been sneaking into my grandfather's study for weeks now, ever since I found the old notebook. It was hidden in the back of a drawer, and it was filled with strange symbols and drawings. I didn't know what it meant, but I was determined to find out.



Tonight, I was finally going to take it. I had planned this for days, and I was ready. I had a flashlight and a backpack, and I had memorized the layout of the study. I knew exactly where the notebook was, and I knew how to get out without being seen.

I slipped into the study and closed the door behind me. The room was dark, but I could see the faint outline of the notebook on the desk. I crept over to it and picked it up. It was heavier than I expected, and it felt like it was filled with something important.

I opened the notebook and began to read. The writing was strange and difficult to understand, but I could tell that it was important. It was full of spells and incantations, and it seemed to be a guide to some kind of magic.



As a child, I had a vivid imagination. I loved to create stories and scenarios in my head. I was also fascinated by mysteries and magic. I would often daydream about finding a secret magical book that would transport me to another world.

Even though these things never happened, I never stopped being imaginative and inquisitive. I always believed that anything was possible, and I was always looking for new ways to learn and explore.

I think my childhood imagination has shaped me into the person I am today. I am a creative and curious person, and I am always looking for new challenges and experiences. I am grateful for the gift of imagination, and I know that it will continue to serve me well throughout my life.



Talking about self-care can trigger an emotional shutdown for me. It's a leftover from my childhood trauma, when I wasn't allowed to make up my own mind. I would freeze when asked a question, feeling like I had no control over my life.

I've learned in mindfulness that it's important to acknowledge and accept these feelings, rather than trying to push them away. As Thich Nhat Hahn teaches, we can do this by holding the feeling in our hands (imaginatively, or by cupping our hands in our lap). We can speak to the feeling gently, compassionately, and lovingly. We can name it and honor its feelings.



After a minute or so of holding the feeling, we can let it go. We can tell it that we have other things to do right now, but that we will come back to it later. We can also tell it that it is welcome to visit us again anytime.

This practice can help us to process our emotions in a healthy way. It can also help us to feel more in control of our lives.

Here are some additional tips for practicing self-care when you have experienced trauma:

- **Start small.** Don't try to do too much too soon. Start with small, manageable activities, such as taking a bath, reading a book, or going for a walk.
- **Be kind to yourself.** It's important to be patient and understanding with yourself as you learn to practice self-care. Don't beat yourself up if you slip up or don't feel like doing something. Just pick yourself up and try again.
- **Find what works for you.** There is no one-size-fits-all approach to self-care. What works for one person may not work for another. Experiment with different activities and find what helps you to relax, de-stress, and feel good.

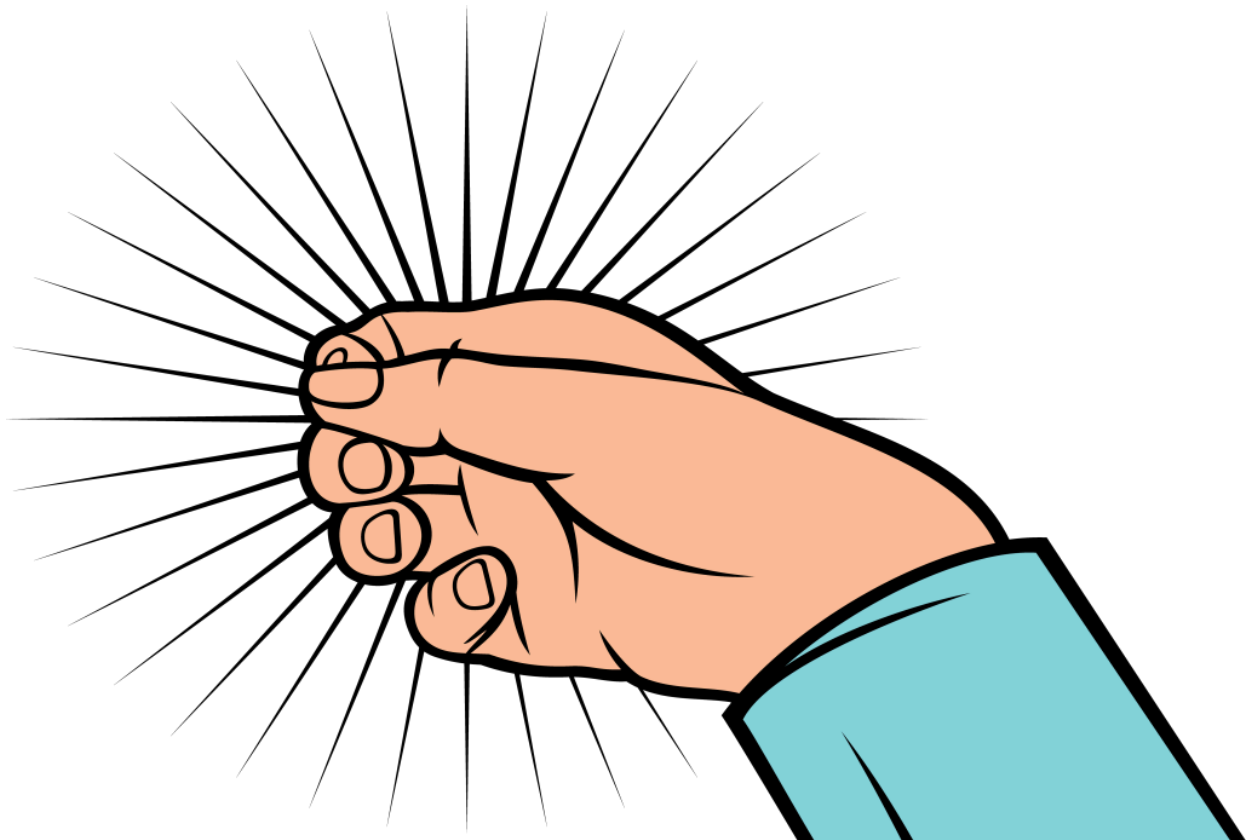


Self-care is about opening the hidden doors to our soul. This new year is an opportunity to come out of our cocoon and step into a brand new, mindful world.

By practicing self-care, we can:

- **Improve our physical health:** Eating healthy foods, getting enough sleep, and exercising regularly can help us to feel better physically and mentally.
- **Reduce stress:** Stress can take a toll on our physical and mental health. Self-care practices such as meditation, yoga, and spending time in nature can help us to reduce stress and improve our overall well-being.
- **Improve our relationships:** When we take care of ourselves, we are better able to take care of others. Self-care can help us to be more patient, understanding, and compassionate towards others.
- **Increase our happiness:** Self-care can help us to increase our happiness and fulfillment in life. When we take care of ourselves, we are better able to focus on what is important to us and to live a life that is true to ourselves.

The new year is a time for new beginnings. **By making self-care a priority, we can open the hidden doors to our soul and step into a brand new, mindful world.**



Here are 3 fun ways to connect to your happiness

1. **Say hello to yourself in the mirror:** Do a body scan, how do you feel? Do sense any blocked chakras? Do you see yourself as one who deserves love, compassion, and empathy? You should it's your birthright.
2. **When you look at your life, exactly as it is,** can you appreciate every experience? Every experience can be interesting when you seek happiness in that experience.
3. **When you take care of yourself and others,** notice how you can find happiness in those moments. Self-care **MUST** begin first with yourself. You deserve that.

As a neurodivergent person, I have always been drawn to the magical and mystical. ***I believe that there is magic in the everyday, and that it is up to us to find it.*** The mystery moments in life are gifts from our Creator, and it is our responsibility to find meaning in them.

Here are some examples of how we can find magic and mystery in the everyday:

- **The beauty of nature:** A sunset, a flower, a bird song – these are all examples of the beauty that surrounds us. When we take the time to appreciate these things, we can find magic in the ordinary.
- **The kindness of strangers:** A smile, a helping hand, a kind word – these are all examples of the kindness that exists in the world. When we experience these things, we can feel a sense of connection to something larger than ourselves.
- **The power of music:** Music has the ability to transport us to another place, to make us feel happy, sad, or anything in between. When we listen to music, we can experience the magic of the human spirit.

- **The wonder of learning:** Learning new things can open up new worlds to us. It can help us to see the world in a new way, and to appreciate the beauty and complexity of life.

When we open ourselves up to the magic and mystery of the world, we can find a sense of wonder and awe. We can connect with something larger than ourselves, and we can find meaning in our lives.

We are now ready to embrace our suffering with love, compassion, and non-judgment. Only then can true self-care begin.

Here are some tips for embracing suffering with love, compassion, and non-judgment:

- **Acknowledge your suffering.** The first step to embracing suffering is to acknowledge it. This means accepting that you are in pain, and that it is okay to feel pain.
- **Allow yourself to feel your emotions.** When you are in pain, it is important to allow yourself to feel your emotions. This means not trying to suppress your feelings, or to pretend that you are not in pain.
- **Be kind to yourself.** When you are in pain, it is important to be kind to yourself. This means talking to yourself in a gentle and compassionate way.
- **Seek support.** If you are struggling to cope with your suffering, it is important to seek support from a trusted friend, family member, or therapist.

When we can embrace our suffering with love, compassion, and non-judgment, we can begin to heal. We can learn to accept our pain, and to find strength and resilience in the face of adversity. We can also begin to move forward in our lives, with a greater sense of peace and well-being.



5 WAYS TO SAVOR

When things are good... savor the joy

When things are good, it should be easy to savor them. But it took more effort to savor something I already appreciated than I would have imagined. Joy came in the sudden realization that the body is always in the present, no matter where my thoughts take me, and I can always return to that.

When it's every kind of bad...savor the resilience

I can glimpse the fact that pain, whether physical or emotional, is something that lets us know we are alive. And as we try to manage it as best we can, we are humbled, we are vulnerable, we seek help. We find a way. We bounce back. And, as we savor the equanimity, we learn to take the good and the bad.

When it's boring... savor the freedom

As we all keep discovering in meditation, we don't really need to keep ourselves occupied with extra thoughts. It's peaceful to take a break from that. My savoring challenge helped me learn (once again) to savor the freedom from the need to entertain myself every minute of the day.

When it's unwieldy... savor the laughter

When things go haywire, the same tendency we have with hassles—to indulge in some "why me?" time—can easily take over. But, I'm starting to really appreciate the antidote that a meditation teacher friend of mine told me about: Just say "Why not me?"

When you're alone... savor the space

In the right doses, being by ourselves can be deeply restorative. It can help us discover a deep reservoir of contentment that does not need to be chased after. That kind of space—a space of awe and wonder and simplicity—is well worth savoring. It may be the most savory treat of all.

When you're with others... savor the companionship

The sheer joy of a shared laugh. The moments of listening when you need to be heard. The shoulder to cry on. Someone to share ups and downs, without caring which it is. I'm blessed with friends all over the world, people I can connect with within minutes no matter how long it's been. Other human beings...what's not to savor?

DAY 1

CONNECT WITH PRESENCE

By Sharon Salzberg

If we can practice savoring the present moment when we're sitting in formal meditation, we can also practice while standing in line at the grocery store, sitting anxiously in a doctor's waiting room, or sitting down for a meal in good company. A portable exercise in meditation is focusing on the sensations of the in- and out-breath. If the breath is not a comfortable place for you, choose another object of attention like the sensation of your hands touching your knees.

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IN THE MORNING • 5 MINUTES

Take One Breath

This variation of breath meditation can be especially supportive if you feel restless or bored. Savor the freedom to simply let your mind be. It doesn't matter how many times your attention wanders or how long you may dwell in distraction. The practice is gently letting go and, with kindness toward yourself, beginning again.

- 1 Sit comfortably and relax. Let your attention settle on the feeling of the breath at the nostrils, chest, or abdomen. As you breathe in, make the silent mental note "in," and as you breathe out you can count "one."
- 2 If your mind becomes distracted, and you lose touch with the breath—that's OK. You can begin again. Stay connected to the rhythm of the breath with the mental note and the number.
- 3 See if your awareness of the breath can be full and complete. Your attention is whole-hearted with "in, five," "in, six," "in, seven," all the way through to ten. Each breath is full and complete on its own—with the counting there to support you.
- 4 When you feel ready, you can move into the rest of your day.

ABOUT THE AUTHOR
Sharon Salzberg is a world-renowned meditation teacher and is the New York Times best-selling author of *Real Love* and *Real Happiness*, as well as *Real Change: Mindfulness to Heal Ourselves and the World*.

PHOTOGRAPH BY ALISSA KORNITZKE

IN THE EVENING • 5 MINUTES

Rest Your Attention

Our habitual tendency is to grasp a thought or a feeling, to build an entire world around it, or push it away and struggle against it. It can be helpful to instead note what is painful, pleasant, or otherwise. Here we stay even, balanced, and calm, as we recognize what arises and bring our attention back, one breath at a time.

- 1 Sit comfortably or lie down. Settle in to a comfortable position.
- 2 Center your attention on the sensations of the in- and out-breath, at the nostrils, chest, or abdomen. As you feel the sensations of the breath, you can make a mental note of "breath" with the in-breath and then again with the out-breath.
- 3 Bring your attention back to the sensations of the breath. Some of your thoughts or feelings may be tender, caring, cruel, or hurtful, but they're not the breath. You can recognize them, let them go, and bring your attention back to the sensations of the breath.
- 4 When you feel ready, come back to your surroundings.

DAY 2

CONNECT WITH YOURSELF

By Sebene Selassie

Belonging is the sense of ease and joy we can savor when we are truly present. Often we don't feel like we belong because we're caught in feelings of loneliness, anxiety, and doubt. Feelings of not belonging are learned over time and lead us to think that there's something wrong with us, that we're not enough, that we don't belong—but we do. By the very nature of our existence, we belong. Mindfulness helps us remember this by allowing us to experience belonging in any moment.

mindful.org/summer-break

IN THE MORNING • 5 MINUTES

Listen to Your Body

Meditation can help us be more present to life, and mindfulness of body and breath help ground that presence. It's only when we're present with each moment that we can savor our experience. You can try grounding yourself throughout the day, feeling the body and using the inquiry, "What's happening in my body right now?"

- 1 Find a comfortable posture.** You don't have to do anything special, just make sure that you're relaxed and alert. Lower your gaze and give yourself the opportunity to go inward.
- 2 Bring awareness to the sensations you notice while sitting.** It can take some time and practice to feel sensations in the body rather than think about them, so there is a sensation in the body that's particularly strong
- 3 Whatever is happening, continue this inquiry.** Notice the sensations that are present. When the mind starts to wander, gently bring your awareness back to the body. Again, ask yourself, "What's happening in my body right now?"
- 4 Bring the same curiosity to your breath.** If the breath is not a comfortable place for you, continue grounding in sensations of the body. Otherwise, take a moment to connect to the natural rhythm of your breath. Notice your belly rising and falling. You can always ask yourself, "What's happening in my body right now?"
- 5 Know that you can come back to the body at any moment,** as you come back to the space around you.

PHOTOGRAPH BY LINDSEY J. ANDERSTROM

IN THE EVENING • 5 MINUTES

Welcome Open Awareness

Open awareness meditation is often associated with the metaphor of the mind being like an open sky. We can observe thoughts, sensations, sounds, but they simply pass like clouds in the sky, or they can flow like a river—savor the space between you and what drifts past. The sky is not bothered, the river is not changed, everything is carried by the current of awareness.

- 1 Find a comfortable posture.** If you like you can gaze down softly at a point in front of you. Allow your body to soften and rest. Feel the connection between your body and the floor or the chair beneath you.
- 2 Bring your awareness to the sensations of being right here, right now.** Begin to listen to the play of sounds around you. You can notice sounds that are loud or soft, far or near—just listening. You don't need to name the sound, or follow the sound, just listen in a relaxed and open way. Notice how all sounds arise and vanish as you listen.
- 3 Sense that your awareness is expanding to be like the sky—open, clear, vast.** Allow your awareness to extend in every direction. Sounds come and go, moving through the sky of your awareness, appearing and disappearing as you rest in this open awareness. You might notice that thoughts and images also arise and vanish. You can let them come and go without resistance or grasping.
- 4 Allow the breath or sensations in the body to move like a breeze in this open sky of awareness.** Notice that this awareness is naturally clear and spacious. Allow all sounds, thoughts, and sensations, feeling that spaciousness.
- 5 As you lift your gaze, pause for a moment to rest in the space around you.**

PHOTOGRAPH BY LINDSEY J. ANDERSTROM

DAY 3

CONNECT WITH EVERYTHING

By Jessica Morey

We tend to focus our minds on what is wrong or threatening or what could harm us so that we might be better protected through the vagaries of life. But if we allow that bias to run rampant, we risk missing out on what's beautiful, joyful, and nourishing in our lives. Not to mention, we grow less equipped to cultivate beauty and joy and nourishment in ourselves.

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IN THE MORNING • 10 MINUTES

Appreciate Joy

Perhaps it seems strange to investigate what we consider to be a positive emotion, but we often miss joy. We don't pay a lot of attention to it and let it slip by without much notice. The good news is, there are practices to cultivate joy. It can be sparked by something enjoyable, or we can attend to and support joy in our full experience. One of the great ways to do that is to savor—really stop and savor—what's beautiful and good in life.

- 1 Take a seat or lie down if you're in a place where you can do that.** Take a few deep breaths, lengthening your inhale and your exhale. During these opening breaths, notice how you're feeling, if you're feeling tired or drowsy, emphasize the inhale. If you're feeling agitated or restless, emphasize the exhale. Then allow your breath to come to its natural rhythm.
- 2 Now bring to mind recent joyful moments.** Alternatively, you could reflect on things you're grateful for in your life. Choose a few moments of joy and gratitude to focus on.
- 3 Reflect on receiving the joy of these experiences.** Bring your attention into your body. Notice how you experience joy in this moment. Where do you feel it in your body? The chest, the belly, the throat, the face? What do you notice? Is there a temperature to the joy? Is there a flow or movement to the energy of joy in your body?
- 4 If you lose that felt sense of connection, just recall the images, people, or situations that bring you joy.** Then return to savoring the felt sense of joy in your body. Breathe into it.
- 5 Take a moment to reflect on the people, places, or situations that bring you joy.** What were the things that really inspired a felt sense of joy for you? How can you bring more of that into your life?
- 6 When you're ready, bring your attention back to your environment.** Take a deep breath. Orient yourself to the space around you and notice how you feel right now.

PHOTOGRAPH BY KATHA ANDERSTROM

IN THE EVENING • 10 MINUTES

Explore What's True

Longing is a vulnerable emotion, but it's also very important. It directs us toward what we want in the world—where we want to go, what we value, what we want to create. When we can stay with the emotion and get to know it on a deeper level, there's a great deal of wisdom at our disposal. If we can let it into it, be with it, and notice what's underneath and inside of it, we can then better decide how we want to respond next.

- 1 Settle into a comfortable position.** You may be seated, or you're welcome to lie down. Whenever you are, take a few deep breaths. You can cast your gaze down and ahead.
- 2 Feel into your body and ask yourself: Is there anything I need right now?** Is there anything I'm longing for in this moment? You may want something to be different, or you may be longing for a particular experience. Ask yourself: What do I want? What do I need?
- 3 If nothing is emerging for you, bring to mind a recent experience when you really wanted something.** Maybe you wanted to be seen or acknowledged; maybe you wanted to connect with a certain person, or you wanted someone to call you or attend to you. Identify a recent experience you had of longing and consider the situation, the people, the place.
- 4 Turn your attention toward the felt sense of the wanting.** Hold this feeling of wanting, and as you do, see if you can identify what it is that you want—beyond the particularities. What universal need are you touching upon? Maybe you want respect, ease, joy, or connection.
- 5 Consider this question: How could I meet this need?** Take a few moments to explore the creative ways this need could be met.
- 6 Take a few deep breaths.** Feel your body on the chair or on the ground. When you're ready, lift your gaze.

PHOTOGRAPH BY KATHA ANDERSTROM

MindfulAug2022



images from [August 2022 Mindful magazine](#)

Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

Yoga

Here are three yin yoga asanas that can help to invite happiness into your life:

- **Supported Fish Pose (Matsyasana):** This pose is a great way to open up the chest and heart, which can help to promote feelings of joy and happiness. To do supported fish pose, lie on your back with your knees bent and your feet flat on the floor. Place a bolster under your hips and a block under your head. Relax your arms by your sides, palms facing up. Stay in this pose for 5-10 minutes.

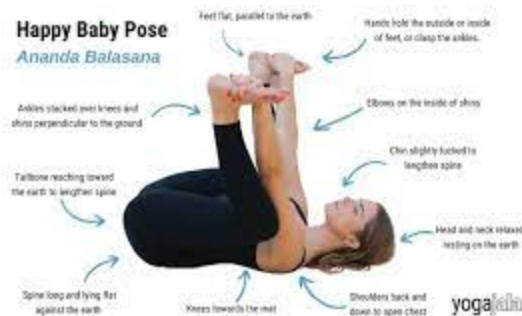


Variation



Another Variation

- **Happy Baby Pose (Apanasana):** This pose is a great way to release tension in the lower back and hips, which can help to improve circulation and promote feelings of happiness. To do happy baby pose, lie on your back with your knees bent and your feet flat on the floor. Bring your knees up towards your chest and grab your feet with your hands. Hold your feet and gently rock back and forth for 5-10 minutes.



Modified Happy Baby Pose



- **Child's Pose (Balasana):** This pose is a great way to relax the body and mind, which can help to promote feelings of peace and happiness. To do child's pose, kneel on the floor with your knees hip-width apart. Sit back on your heels and fold forward, resting your forehead on the floor. Relax your arms by your sides, palms facing up. Stay in this pose for 5-10 minutes.



Modifications for child's pose (balasana)

Now, onto the video! Here are some modifications for child's pose (balasana) for those of us in larger bodies or folks that have trouble resting weight on their knees.



Modifications for child's pose (balasana)

Child's pose (balasana) is a posture in yoga that is often mentioned as a "resting pose" but for those of us in larger bodies, it can be anything but restful. Without enhancements or modifications to the pose, you can end up short of breath, with too much pressure in the face, or even a serious strain or injury to the neck. Let's look at modifications for this pose.



Body Positive Yoga

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These are just a few of the many yin yoga asanas that can help to invite happiness into your life. Yin yoga is a gentle form of yoga that focuses on holding poses for longer periods of time. This type of yoga can help to improve flexibility, release tension, and promote feelings of peace and happiness.

If you are new to yin yoga, it is important to start slowly and to listen to your body. Do not push yourself too hard, and be sure to take breaks when needed. Yin yoga can be a great way to improve your overall well-being and to invite happiness into your life.

Research

Here are three academic and scientific articles on how happiness is vital to self-care:

1. **“Happiness and Self-Care: A Review of the Literature”** by Jennifer L. Greer, published in the Journal of Happiness Studies in 2011. This article reviews the research on the relationship between happiness and self-care. It finds that happiness is associated with a number of self-care behaviors, such as exercise, sleep, and relaxation. It also finds that happiness can help to buffer against the negative effects of stress and adversity.
2. **“The Role of Happiness in Self-Care”** by Karen J. Sherman, published in the Journal of Clinical Psychology in 2012. This article discusses the role of happiness in self-care. It argues that happiness can motivate people to engage in self-care behaviors, and that it can also help people to cope with the challenges of self-care.
3. **“Happiness and Self-Care: A Qualitative Study”** by Sarah E. Jackson, published in the Journal of Holistic Nursing in 2013. This article presents the findings of a qualitative study on the relationship between happiness and self-care. It finds that participants who reported being happier also reported engaging in more self-care behaviors. It also finds that participants who reported being happier were more likely to view self-care as a priority.

These are just a few of the many articles that have been written on the relationship between happiness and self-care. The research suggests that happiness is a vital ingredient for self-care. When we are happy, we are more likely to engage in behaviors that promote our physical and mental health. We are also more likely to

cope with stress and adversity in a healthy way. If you are looking for ways to improve your self-care, one of the best things you can do is to focus on increasing your happiness.

Here are some additional tips for increasing your happiness:

- **Spend time with loved ones.** Social connection is a key ingredient for happiness. Make time for the people who matter most to you.
- **Do things you enjoy.** Make sure to schedule time for activities that you find enjoyable. This could be anything from reading to playing sports to spending time in nature.
- **Help others.** Helping others is a great way to feel good about yourself and to connect with your community. Find a cause that you care about and get involved.
- **Take care of your body.** Eating healthy, getting enough sleep, and exercising regularly can all help to improve your mood and energy levels.
- **Practice gratitude.** Take some time each day to reflect on the things you are grateful for. This can help to boost your happiness and reduce stress.

Happiness is a state of mind that is within your control. By following these tips, you can increase your happiness and improve your self-care.

Resources

BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

Start with your head. Work down to your feet. Then back up the other side of your body.

6

Take about five minutes for this exercise.

- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **The National Center for PTSD:** <https://www.ptsd.va.gov/>
- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>

- The American Psychological Association: <https://www.apa.org/>
- Prison Yoga Project – 200hr Yoga Teachers

Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>

- In The Rooms (web based 12-STEP rooms)
<https://www.intherooms.com/home/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

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Dharma Seeds Press bookstore: <https://www.lulu.com/spotlight/dharma-seeds-yoga-press/>

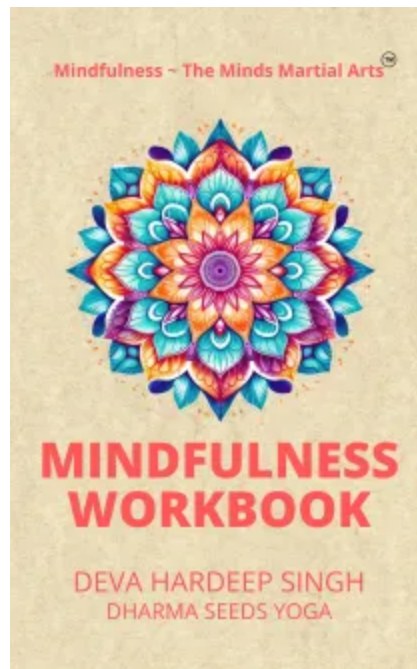
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NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

The Mind's Martial Arts™ Chapter 1



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Mar 2023 at families 100+year Indigenous homestead.

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a Yuchi Indian, enrolled in the Muscogee Nation, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



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